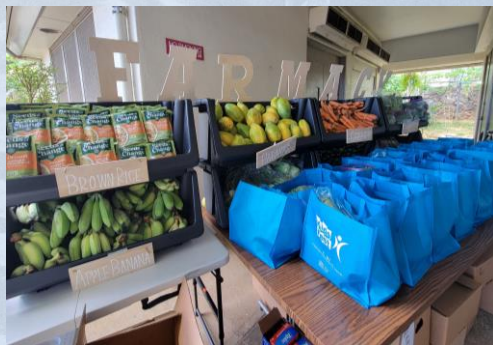


August 2024 | No. 103

# LANAKILA KŪPUNA NEWS



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## Give Blood, Save Lives

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A program of Catholic Charities Hawai'i funded in part by the State of Hawaii via contract with the State Executive Office on Aging (EOA) and the C&C of Honolulu, Elderly Affairs Division, and a Persons In Need grant from the May Templeton Hopper Fund of the Hawai'i Community Foundation..



CATHOLIC CHARITIES  
HAWAII

## A MESSAGE FROM SUSIE

Dear Lanakila Senior Center Members and Ohana:

Our 55<sup>th</sup> Anniversary is on November 1, 2024, and we have created a souvenir booklet for our members to purchase for \$10.00 to commemorate this special occasion. We do not plan to have a big event at our center on that day, but hope you will enjoy looking through the booklet that captures wonderful memories and people who are a part of the senior center.

If you are interested in purchasing a copy, you may pay your \$10 to the front desk. We will announce when the booklets arrive from the printers and coordinate the distribution of the booklets.

We continue to have so many interesting excursions, workshops, presentations, concerts, and other fun activities and the cultural clubs, its officers and volunteers and our dedicated class instructors and other volunteers are doing an amazing job stimulating our minds, developing and keeping our bodies fit, and creating memories that pull at our heart strings and nourish us daily. Mahalo to all of you for your contribution of time, funds, expertise, and other resources. Lanakila Senior Center is able to serve our community and State because of YOU!

Please keep abreast of all the activities still planned this year for you, including some of the large events ... Show and Sell on August 1<sup>st</sup> from 8 – 10:30 a.m. (and our last Show and Sell for the year in October), Halloween Lunch and Costume Contest on October 31, Veterans Day Lunch on November 13<sup>th</sup>, Thanksgiving Lunch on November 20<sup>th</sup>, and Christmas Celebration on December 13<sup>th</sup>. If you want our Event Planning Calendar to see the full range of activities, please ask Susie Chun Oakland.

Thank you to Mei Feng for serving as our Membership Specialist these past three months and welcome back to Iris Hiramoto who started working again on Monday, July 29<sup>th</sup>!

Please keep well and know that our love and hugs are sent to all of you.

Our best wishes for a continued happy and healthy summer!

Me ke aloha pumehana,  
Lanakila Multi-Purpose Staff Cookie, Lodi, Mei, Riva, and Susie

---

## Welcome New Members!



Betty Honbo  
Jane Martin  
Pamela Ho-Wong  
Randall Wong

Audrey Lum  
Marilyn Nakamura  
Florence Chan  
Peter Chan

Kayoko Wong  
Melvin Iwamasu



# Health Tips and Recipe

Written by Ke Ola Mamo Registered Dietitian-Kristie Yeung MS, RD, LD

## August: Pineapple Fried Rice

Prepare meals that you can eat over multiple days to save time and money. Fried rice is a flavorful way to use leftover rice, meat, and vegetables all in one dish! Simple modifications such as using brown rice instead of white rice and using a lower sodium soy sauce or liquid aminos can make it a healthier meal.

### PINEAPPLE FRIED RICE



Prep time: 10 minutes | Cook time: 10 minutes  
Makes 6-8 servings

**Ingredients**

- 4 Tablespoons low sodium soy sauce or liquid/coconut aminos
- 1 Tablespoon sesame seed oil
- 1 teaspoon hot sauce (optional)
- 1 Tablespoon vegetable oil
- 2 cups of diced protein (ham, tofu, chicken, ground beef, shrimp, etc)
- 1 red bell pepper, diced
- 2 green onions, diced
- 3 cloves garlic, minced
- 6 cups cold, cooked rice
- 3 large eggs
- 1-2 cups of pineapple pieces

**Directions**

1. In a small bowl, stir together the soy sauce, sesame oil, and hot sauce, then set aside.
2. In a large, non-stick skillet, heat 1/2 Tablespoon of the vegetable oil over medium-high heat. Sauté garlic, then add diced protein, red bell pepper, and white parts of green onions. Cook and stir from 5-7 minutes until the protein is thoroughly cooked. Pour this mixture into a bowl and set it aside.
3. Heat 1/2 Tablespoon of vegetable oil in the skillet and cook the cold rice. Break up any clumps and cook until the rice is heated through.
4. Push the rice to one side of the skillet, then crack the eggs on the other side and scramble. Stir the eggs into the rice, then add the cooked protein and bell peppers to the rice. Pour the prepared sauce and stir until well cooked.
5. Turn off the heat. Stir in the pineapple and chopped green onions.

• Recipe adapted from <http://life-in-the-10thhouse.com/hawaiian-fried-rice/>

Pineapples are sweet, fragrant, and ubiquitous in Hawai'i. They became popularized in Hawai'i in the early 1900s due to James Dole's Hawaiian Pineapple Company. Pineapples are a great source of Vitamin C, Vitamin B6, fiber, and an enzyme called bromelain. This recipe is easy to prepare and can feed the whole family!

## Photo Gallery



The senior community meet and greet candidates at our Candidates Fair on July 10, 2024.

# Photo Gallery



Kilohana Hula Show, Photos submitted by Pearl Lee.



Here is a photo of Erna Cabral, Pearl Lee, Char Nakagawa, Terry Yamamoto, Susie, and Sharon Young enjoying lunch together at our recent Kailua Shopping excursion.



Members at the Lyon Arboretum tour on July 19th. Photo by Linda Chiu.



HPH Healthy Living on July 8, 2024.



4<sup>th</sup> of July BBQ Luncheon on July 3, 2024.

# Cultural Club Reports

## OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

### HACHIGWACHI (August)

August in Okinawa is a festive time with exciting events dedicated to local traditions, dancing, and stargazing. Children perform eisa dances to celebrate their ancestors. August is also the hottest month of the year with strong sun and high humidity, worse than in Hawaii.

The 42<sup>nd</sup> Okinawan Festival will be held on Labor Day weekend of Saturday/August 31 and Sunday/September 1<sup>st</sup>, at the Hawaii Convention Center. This is a wonderful fun family event with live entertainment, lots of things to see and buy. A time to get great Okinawan foods, and everyone's favorite "Andagi"!

**.June 27<sup>th</sup>:** Entertainment by Brian Suzuki and his Karaoke members who sang from their hearts. You could see the joy and emotions on their faces as they sang to the ONC members. A Karaoke screen was set up, so you could sing along, making one feel you were in a Karaoke room!

#### July Event:

**.July 4<sup>th</sup>.**holiday

**.July 11<sup>th</sup>:** Bon Dance with Nomura Ryu Ongaku Kyo Kai Hawaii Shibu, Norman Kaneshiro, sensei who played the sanshin and sang the various bon dance songs. Everyone enjoyed themselves dancing, as they followed one another in a circle trying to learn the various repetitive movements. This is always a fun time together. We ended the morning with "Kachashi".

**.July 18<sup>th</sup>:** Entertainment by Ryukyu Koku Matsuri Daiko Hawaii with Melissa Ching, and her group consisting of 11 people, with 6 children from ages 8-18 years old. Some of the children entertained the ONC when they were only 3 years old! This was a lively group of singing, and dancing while they played their taiko drums. They were many group participation to mini bon dances. Their entertainment ended with "Achame" to Kachashi with a bright yellow Shisa, who came out dancing in the crowd. The ONC members gathered to stand in line to offer their monies into the mouth of the Shisa, for good luck, and donations to their school.

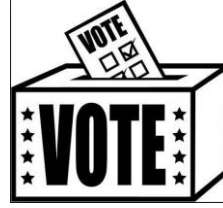
Since there were lots of time left, we did group participation to the song "Ashibina" line dance style, and the "Chicken Dance" let by Nobuko Oshiro. We had a fun day of dancing!

**Umaribi-kariyushi yaibii-n (Happy Birthday)** to: Kay Fukuhara, Diane Kawakami, Lillian (Yoshiko) Minami, Rumiko Nagamine, Nobuko Oshiro, Sharon Shiraki, Richard Tada, Carol Tamayose, Edith Tomei, and Sunny Tominaga.



# Cultural Club Updates

## JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura



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## Your Right to VOTE

Yes, it's Election Year and this is a gentle reminder to VOTE. Primary Election Day is on Saturday, Aug. 10, 2024, and General Election is on Tuesday, Nov. 5, 2024. Questions regarding voting by mail, walk-in voting, voting on Primary Day, etc. can be answered by the Office of Elections (808) 768-3800. Some of the offices on the ballot this year include the Mayor, Prosecuting Attorney, City Council, Senate and House of Representatives. On the General Election, names of the Presidential candidates will be listed on the ballot. You can help your candidate win by casting your ballot. Every vote counts!

On **July 8**, we were entertained by the very versatile group **Zenidaiko/Naleo Nahenahe Na Kupuna**. They did their popular Bell Dance, several hula dances, singing and exercise. The group paid tribute to 4th of July by singing a patriotic medley- Salute, God Bless the USA and God Bless America. On **June 15**, we enjoyed **Victor's Kapakahi Group** who sang a variety of songs accompanied by playing their ukulele and other instruments. All of the songs such as "Fools Rush In", "Because of You", "Bashofu", and many more, brought back fond memories.

**Tanjoubi Omedetou Gozaimasu to:** Lynn Sekiya (90+); Eileen Clarke; Lillian Inatsuka; Marilyn Isekawa; Theodore Isekawa; Diane Kawakami; Kazuko Kikkawa; Margaret Park; Richard Tada and Edith Toemi. May you all have a Happy Birthday on your special day.

- August Events:**
- 5 – Bon Dance (Hawaii Shin Kobukai)
  - 12 – Garry Yahata – Ichigo – Ichie
  - 19 – Birthday/Brian Suzuki
  - 26 – Breathing for Health workshop



## FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

It's AUGUST and one more month for family and friends to enjoy SUMMER together. Just reminiscing the unforgettable memories last month.

July 3 - Celebrated 4th of July at the Lanai of LMPSC with Hamburger Sandwich, Hot Dog, Chips, Fresh Fruits and lots of goodies. It was a FUN day as we had the chance to chat and eat together with other members of the different clubs of the CENTER.

July 6- Celebrated the birthday of June members. They are: CARMEN BAUTISTA, BLANDINA "BABY" DAET, TRINI DELA CRUZ, ELOISE "PUNA"FRANK, EUFEMIA VICENTE and SATURNINA VILLASISTA. And also July born members: BONG ACOSTA, LETTY DOLOR, RAQUEL GANTI, RODOLFO IBAY and DORIS MAIELUA. At the same time honored ALL the fathers of the Club as last month was FATHER'S DAY.

We had a simple program attended by Representative May Besario Mizuno as our guest speaker and she delivered an inspirational message to us KUPUNAS. She also awarded BIRTHDAY CERTIFICATES to the celebrants. We feasted on a variety of FILIPINO DISHES provided by everyone as POTLUCK is already allowed after the program. EVERYONE was requested to wear RED or WHITE or BLUE or RED WHITE and BLUE to celebrate 4th of JULY.

July 10 - CANDIDATES' FAIR at LMPSC. We got the chance to meet and talk with the candidates and tell them our CONCERNS . BENTOS and other goodies were served for us attendees to enjoy.

The FILIPINOCLUB will not participate on the forthcoming SHOW and SELL on August 1, 2024 but we will come to support the clubs that are participating.

Our big event is fast approaching so the members are busy practicing our FOLK DANCES and LINE DANCES under the leadership of AURIE SONSON and LETTY DOLOR.

Planning to celebrate the birthdays of AUGUST and SEPTEMBER members on September 21, 2024 the "POTLUCK" Way.

Till next time. GOD BLESS US ALL.



Dennis Agena  
Richard Andrade  
Matilde Aquino  
P.M. Azinga  
Joji Boyd  
Gilbert Brown  
Anita Butac  
Peter Canape  
Mary Castillo  
Wilfredo Cervano  
Edna Chang  
Loretta Chee  
Donald Chun  
Charlene Chung  
Cynthia Ann Chung  
Eileen Clarke  
Janice Date  
Marcia Dias  
Salud Dizon  
Muriel Donnan  
Peggy Duenas  
Karen Ebisuya  
Melvin Ebisuya  
Sharon Fujino  
Taeko Fujino  
Beverly Fujita  
Kay Fukuhara  
Esther Geil  
Pamela Gonsales  
Ginger Goodwin  
Lousie Guerrero  
Sueko Gushiken  
Rachel Haili  
Karen Hashimoto  
Alison Hayama  
Cai Qin He  
Steve Hidalgo  
Mae Hong  
Diana Ii  
Lillian Inatsuka  
Kathryn Iniken  
Kazuko Inoue  
Evelyn Isara  
Marilyn Isekawa  
Theodore Isekawa  
Sharon Ishida  
Terry Ishihara  
Jean Ishikawa  
Liane Jay  
Violet Kagawa  
Sharon Kahikina  
Leatrice Kakesako  
Alice Kane  
Calvin Katsutani  
Diane Kawakami  
Eiko Kido

HAPPY BIRTHDAY!

# HAPPY BIRTHDAY!

- Charlene Kihara
- Kazuko Kikkawa
- Wha Ja Kim
- Joan Kina
- Alice Kotake
- Nobuko Kotani
- Amy Lam
- Winifred Lau
- Nadine Lee
- Zhao Fang Liu
- Sylvia Louie
- Diane Masuo
- James Matsumoto
- Karen Matsunaga
- Sun Sil Mattos
- Lovyna Mae Maynes
- Lillian Minami
- Peggy Moriwaki
- Hazel Murakami
- Rumiko Nagamine
- Nancy Nakano
- Mercedes Nakaza
- Marlene Nalani
- Jane Noe
- Katharina O'Connor
- Laura Okamoto
- Stanley Olayan
- Cora Orinion
- Cynthia Oshiro
- Joyce Oshiro
- Nobuko Oshiro
- Patricia Oshiro
- Kathleen Oyadomari
- Lana Park
- Hwan Rhee
- Yoriko Sakihama
- Katherine Sakuda
- Amy Sato
- Gladys Sato
- Cecilia Seabury
- Patricia Sherman
- Sharon Shiraki
- Celina So
- Jean Sonoda
- Myrna Soong
- Alyce Soranaka
- Charles Spencer
- Kenneth Stone
- Hisako Sugiyama
- Shiego Sugiyama
- Janis Suzuki
- Richard Tada
- Carol Tamayose
- Walter Tamura
- Nobutaka Taniguchi
- Carol Tanji

## CHINESE CULTURAL CLUB UPDATE

### By Dorothy Mau

It's good old summertime again! We need to stay cool and drink plenty of water. Dr. Dale told us the recommended is 13 glasses a day! Members who traveled recently are Ah Lan Alameida Sue Fujitani, Beverly and Blossom Mau, and Jadine Lee. Have lots of fun and enjoy life!

On July 5, 2024 twenty members enjoyed the birthday luncheon at Happy Day Restaurant. Several members rode the Catholic Charity Van for the first time and we are appreciative and grateful to Riva Torno and the drivers for their services. The birthday celebrants were treated to lunch, candy leis banana cake and good fortune candy. They were Carol and John Burrows, Randy Mau, Rose Ho, Elaine Lee, Isyeas Lea, Raymond Miyashiro, Dorothy Mau and Erna Cabral.

The menu planned by Elaine Lee was Siu Mai, Char Siu bao, Spinach and Shrimp gao, Chinese chicken salad, and Crispy gau gee Mein and dessert was Egg custard tart and Chinese tea.

Thank you Beth Miguel for all the leis you donated that made the party very festive. We sang Happy Birthday and in Chinese we say "Sang Yat Fai Lok". Until next time Joy Ghin Joy Ghin, See you again and again!



## HAWAIIAN CULTURAL CLUB UPDATE

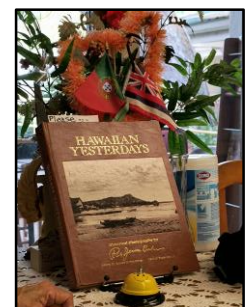
### By Roland Manuel

ALOHA!!! It's been pretty quiet and "shhh" during the month of July, but we were fortunate and blessed that our membership has grown. With open hearts and gratitude we welcome Ruby Cobb, Abigail Ping, Erna Cabral, Thomas Duvauchelle, Jeanette Pang. We welcome back returnee Puna Frank.

As a club of 10 strong, we did finalize and adjusted our by-laws. It took a lot of effort to do this but we got it done. O yeah!!! It's been about 24 years plus since the by laws was last done/revised in February 2000.

Aloha, it means unconditional love in the Hawaiian language. Love like a mother, father, or caregiver hugging and loving their keiki (child). Like a person hugging and showing love for their pe. Unconditional love, is a love that has no reasons, rules, or judgement. Love is always given freely without expecting anything in return. Love is the greatest makana (gift) of all. Love is the greatest healer. Aloha is the answer.

ALOHA! E malama pono! A hui hou kakou!







# Mahalo

*Thank you so much for  
your generosity!*

## **PIKAKE (\$1000+)**

## **OHI'A A LEHUA (\$500)**

## **KAHILI GINGER (\$250+)**

## **HIBISCUS (\$100+)**

Akamine, Jeanette IMO: Keiko  
Nakama  
Kodani, Glenn  
Sekiya, Lynn

## **BIRD OF PARADISE (\$50+)**

Ige, Vivian  
Kagami, Nancy  
Sugiyama, Hisako  
Toyama, Amy

## **ANTHURIUM (\$49 & under)**

Koyama, Earl  
Yamasaki, Glenn

## **IN KIND DONATION**

Akamichi, Nancy  
Bratt, Amy  
Chun, Phil  
Chun Oakland, Suzanne  
Clark, Eileen  
Furumori, Sandra  
Fujishige, Lynn  
Fujita, Georgiana  
Furamori, Sandi  
Gakiya, Nancy  
Hayashida, Carol  
Ikehara, Milton  
Ko, Sin Cha  
Lees, Erika  
Ma, Hong Mei  
Miyashiro, Janet  
Murata, Jo-Ann  
Nagamine, Dorene  
Nagamine, Rumiko  
Nakamura, Joyce  
O'Connor, Katharina  
Okimura, Miles  
Ramiro, Rosie  
Shibuya, Jean

Shibuya, Marvi  
Shimokawa, Arlene  
Suzuki, Patricia  
Tokugawa, Higecko  
Yamamoto, Sharon  
Yamamoto, Theresa  
Yonaha, Cyrilla  
Young, Henry & Sharon

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## **HAPPY BIRTHDAY**

**(continued)**

Mary Tanouye  
Gerald Taura  
Ronald Tokuda  
Edith Tomei  
Sunny Tominaga  
Joyce Toy  
Bertha Tsuyemura  
Morris Umeno  
Thoai Vuong

Vailima Watson  
Kathryn Weldon  
Beverly Wong  
Amy Yamamoto  
Stanley Yamamoto  
Chiyoko Yamane  
William Yang  
Catherine Yee  
Harold Yokouchi

David Yoneda  
Yoo Ja Yoo  
Gary Yoshida  
Arson Yoshikawa  
San Yun



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# August 2024 Class & Club Schedule

\*Most classes and clubs are an hour long, unless noted otherwise below.

Day	Time	Class	Facilitator	Location
<b>Monday</b>	8:30 AM	Picking Ukulele	Nishiyama, Young	Sewing Room
	9:00 AM – 10:30 AM	Japanese Cultural Club	Sueda	Lanai
	9:15 AM	Guitar	Hirai	Library Room
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room
	10:45 AM	Yoga	Hasegawa	Lanai
	11:00 AM	Hula	Makolo	Courtyard
	11:00 AM	Tai Chi for Health	Lau	Activity Room
	12:00 PM	Ping Pong	Ream	Lanai
	12:30 PM	Samulnori: Korean Percussion	Lee	Sewing Room
	12:30 PM – 2:30 PM	Cribbage	Kono	Patio
<b>Tuesday</b>	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
	8:00 AM – 11:00 AM	Needle and Thread	Sueda	Sewing Room
	8:00 AM	Beginner Online iPhone Class*	Rasmussen	ONLINE
	8:00 – 11:00 AM	Mah Jong	Sugihara	Library Room
	8:30 AM	Strumming For Fun	Hirai, Young	Lib Annex, Go Room
	9:00 AM	Beginner Macintosh (Apple) Class*	Rasmussen	ONLINE
	9:00 AM	Hawaiian Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Tues. of the month)	Manuel	Activity Room
	9:15 AM – 12:00 PM	Pickleball (Spring '24 registrants ONLY)	Matsumoto, Lardizabal	Lanakila Gym
	9:30 AM	Music Lovers Group	Espeleta	Library Annex
	10:00 AM	Beginner's iPhone Class*	Kawasaki	Library Room
	10:00 AM	Hula	Makolo	Courtyard
	10:00 AM	Sahm Bo Dahn	Higuchi	Lanai
	11:30 AM	Tai Chi for Fall Prevention (Formerly Chuan Tai Chi)	Pham	Dance Room
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room
	1:00 PM	Line Dance	Sonson, Matsunaga	Lanai
<b>Wednesday</b>	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (2 <sup>nd</sup> & 4 <sup>th</sup> Wed. of the month)	Frank	Activity Room
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library Room

# August 2024 Class & Club Schedule

Day	Time	Class	Facilitator	Location
	10:30 AM	Garden Group* (Last Wed. of the month)	J. Nakamura	See facilitator
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro, Young	Lib Annex, Go Room
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	11:00 AM	Yoga	Fujii	Lanai
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	12:15 PM – 1:45 PM	Chinese Traditional Dance	Feng, Hou	Dance Room
	1:30 PM	Fit & Flexible	Mayeshiro	Lanai
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
<b>Thursday</b>	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 11:00 AM	Hanafuda	B. Nakamura	Dance Room
	9:00 AM – 10:30 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	9:15 AM – 12:00 PM	Pickleball (Spring '24 Registrants ONLY)	Hino	Lanakila Gym
	11:00 AM – 1:00 PM	Cribbage	Kono	Patio
	11:00 AM – 12:00 PM	Okinawan Dance	Kawaguchi	Lanai
	12:30 PM – 2:30 PM	Brian's Karaoke Class (2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. of the month)	Suzuki	Library Annex, Go Room
	1:00 PM	Zumba Gold	Hokama	Lanai
<b>Friday</b>	8:00 AM	Tai Chi*	Koike	ONLINE
	8:30 AM	Basic (Beginning) Ukulele	Nishiyama, Young	Go Room
	9:00 AM	Fusion	Gittelman	ONLINE
	9:00 AM – 2:30 PM	Enka	Arakaki	Sewing Room
	9:30 AM	Chinese Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Fridays of the month)	Mau	Activity Room
	9:30 AM – 11:00 AM	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Beginner Oldies Karaoke	Murashige	Go Room
<b>Saturday</b>	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:30 AM	Spanish	Shaw	Library Room
<b>Sunday</b>	9:30 AM	Tai Chi for Health	Lau	ONLINE
	10:30 AM	Qi Gong	Lau	ONLINE

\*Special registration- see staff for more info. Do not fill out a registration form.

# August 2024

SUN MON TUES WED THUR FRI SAT

**Walk-in Registration for Fall Session 2024**  
Monday, 8/26/24 through Friday, 8/30/24 from  
8:00 am to 10:30 am

**1**  
Show & Sell  
(8:00 am 10:30 am)

**2**  
Lunch Concert with  
Lorraine and Tommy  
(11:00 am)  
HPU Strength &  
Balance  
(1:00 pm)  
Milestones Book  
Workshop  
(2:00 pm)

**3**  
Chess  
(9:00 am)  
Waikiki 2000  
Lions Eyeglasses  
Collection  
(9:00 am)

**4**  
Reminiscence  
and Life  
Stories  
(10:00 am)

**6**  
Strength Training w/  
Televeda  
(8:00 am)  
BINGO  
(9:00 am)  
Hawaii Kai Towne  
Center Walk & Shop  
(10:00 am)

**7**  
Diabetes  
Workshop  
(10:00 am)  
  
Magic Island  
Walk  
(4:00 pm)

**8**  
Strength Training w/  
Televeda ONLINE  
(8:00 am)  
Coffee, Tea & Talk  
Story  
(8:30 am)  
Urinary Tract  
Infections with NKFH  
(10:30 am)

**9**  
HPU Strength &  
Balance  
(1:00 pm)  
Korean Culture and  
Cuisine  
(2:00 pm)

**10**  
Chess  
(9:00 am)  
Orchid Society  
Judging 9:30 am  
Cybersecurity  
(10:00 am)  
Personal Technology  
(12:00 pm)

**11**  
Kilohana  
Hula Show  
(9:30 am)

**12**  
BINGO  
(9:00 am)

**13**  
Prog. Comm. Mtg.  
(8:30 am)  
Diabetes Workshop  
(10:00 am)  
Orange Xpress  
(12:00 pm)  
Genki Ball Service  
Project (2:00 pm)  
Magic Island Walk  
(4:00 pm)

**14**  
Strength Training  
w/ Televeda  
ONLINE  
(8:00 am)  
  
CMP Meeting  
(2:00 pm)

**15**  
HOLIDAY  
Statehood Day

**16**  
Chess  
(9:00 am)  
  
NARFE Meeting  
(9:30 am)

**17**  
Reminiscence  
and Life  
Stories  
(10:00 am)

**18**  
Strength Training w/  
Televeda  
(8:30 am)  
Advanced Health  
Care Directives  
(11:00 am)  
Legacy of Life  
(12:15 pm)

**19**  
Treatment for Urinary  
Incontinence  
(8:00 am)  
Diabetes Self-  
Management  
(10:00 am)  
Magic Island Walk  
(4:00 pm)

**20**  
Strength Training w/  
Televeda ONLINE  
(8:00 am)  
HPU Age  
Management  
Assessment  
(1:30 pm)

**21**  
HPU Strength &  
Balance  
(1:00 pm)

**22**  
Chess  
(9:00 am)

**23**  
Kilohana  
Hula Show  
(9:30 am)

**24**  
Oldies but  
Goodies with  
Glenn & Les  
(12:00 pm)  
Karaoke Sing  
Along with Steve  
(12:30 pm)

**25**  
Diabetes Workshop  
(10:00 am)  
New Member  
Orientation  
(9:00 am)  
Genki Ball Unwrapping  
(1:00 pm)  
PAB Meeting (12pm)  
Magic Island Walk  
(4:00 pm)

**26**  
Mari's Garden  
Shop &  
Waiahole Poi  
Factory  
(10:00 am)

**27**  
Bereavement  
Group  
(9:00 am)  
HPU Strength &  
Balance  
(1:00 pm)

**28**  
LMPSC Blood  
Bank Dive  
(8:00 am)  
Fall Cleaning  
(9:00 am)  
Chess  
(9:00 am)

\*Calendar subject to change

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## Catholic Charities Hawaii BLOOD DRIVE

Saturday, August 31, 2024

8:00 am – 1:00 pm

1640 Lanakila Ave

**Lanakila Multi-Purpose Senior Center**

*Please make an appointment  
Scan the QR code or call (808) 848-4770*



**Blood Bank of Hawaii**

For more information:

[bbh.org](http://bbh.org) | (808) 848-4770



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